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This new show is 'Bridget Jones' meets 'Girls.' 21

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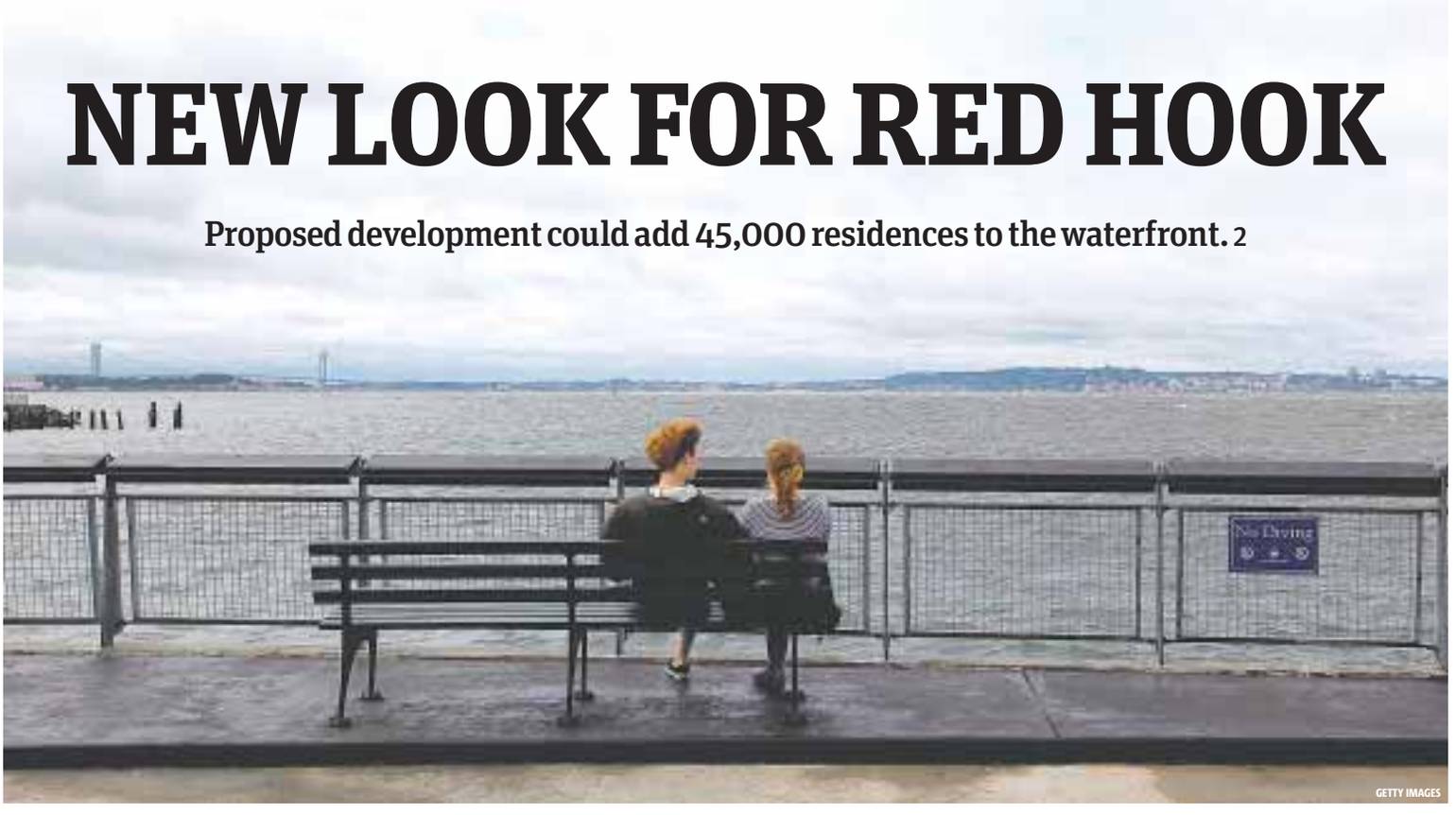
NEW LOOK FOR RED HOOK

Proposed development could add 45,000 residences to the waterfront. 2



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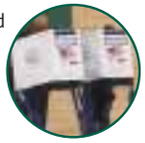

1 American intelligence agencies are concerned about reports that foreign governments may be attempting to undermine the Nov. 8 U.S. elections through cyber attacks, Admiral Mike Rogers, the director of the National Security Agency, said on Tuesday. "We continue to be actively concerned," Rogers told a Senate hearing, responding to a question from Sen. John McCain, chairman of the Senate Armed Services Committee. Marcel Lettre, Under Secretary of Defense for Intelligence, testified that the government is taking any such activities "quite seriously" and said an "aggressive investigation" is under way. McCain noted that one of the two states in which media reports said there was evidence of attempted Russian hacking was his home state, Arizona. REUTERS

US SEES STRONGER MEDIAN HOUSEHOLD INCOME, LESS POVERTY

2 The median U.S. household income rose last year, its first significant annual increase since 2007, and helped push down the number of people living in poverty to 43.1 million, federal government data released on Tuesday showed. About 29 million people did not have health insurance in 2015, down from 33 million in the previous year, the Census Bureau said in its annual Income, Poverty and Health Insurance Coverage and Supplemental Poverty Measure report. The poverty rate fell to 13.5 percent from 14.8 percent in 2014, the report said. Median income rose 5.2 percent to $56,500 from $53,700 in 2014, in large part due to increases in employment, Census officials told reporters on a conference call. The poverty rate has continued to edge down in the wake of the 2007-2009 recession amid a tepid recovery. REUTERS

NC LOSES COLLEGE SPORTS CHAMPIONSHIPS OVER 'BATHROOM' LAW

3 The governing board for U.S. college athletics said it will move seven championship sporting events out of North Carolina to protest a state law it deems discriminatory to transgender individuals. It is illegal for anyone in the state to use a public restroom that does not match the gender they were assigned at birth. The National Collegiate Athletic Association (NCAA) cited the law in its decision to relocate the events, which include the first two rounds of the "March Madness" men's basketball playoffs. Two months ago the National Basketball Association moved its 2017 pro All-Star Game from North Carolina to New Orleans for the same reason. REUTERS

METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to metro.us /news-quiz to submit your answers.

1. Developers are proposing a project that would add 45,000 new residences to these two neighborhoods

2. Where do the Giants rank this week in Metro's NFL Power Rankings?

3. What animal was spared in the new TV show "Fleabag?"

Grandiose Red Hook development plans strike controversy

"Reimagining Southwest Brooklyn" blueprints drew cheers and jeers.

AMANDA MIKELBERG
@MetroNewYork
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Expansive development proposals for the waterfront real estate in Red Hook and Sunset Park laid out Tuesday captivated some New Yorkers and exasperated others.

The dazzling designs from AECOM, a global engineering firm, included three proposals for a "reimagined" southwest Brooklyn; the biggest would be twice the size of Hudson Yards, could have as many as 45,000 residential units, and calls for new subway lines to connect Manhattan and Brooklyn.

For years, concepts for a revitalized Red Hook regularly popped up. But the AECOM proposal is the biggest yet, and with Brooklyn development at an all-time high, its potential as a waterfront area is in the spotlight. And the idea of invigorating a somewhat isolated community and making it more accessible to the rest of Brooklyn and Manhattan, is especially appealing in light of the L train temporarily closing.

"It's a big project with a big impact," Mitchell L. Moss, director of the NYU Rudin Center for Transportation, told Metro.

"The panel highlighted the challenges of creating and converting some of the land into housing parks and open space. But this was the start of a conversation about how we can use our waterfront in intelligent and productive ways."

Moss estimated that there have been 25 reports from developers about Red Hook in the past decade, but this one did an especially good job of bringing together the key factors for why this is necessary now.

AECOM is stressing the dearth of housing in the area as well as the limited transportation of the area. Yet the possibility of drawing in huge numbers of residents to the area worries some community leaders.

The proposal to develop 45 million square feet of his district drew harsh criticism from City Councilman Carlos Menchaca.

"The false premise here is that Williamsburg-style market-rate condos on the waterfront are how to build sustainable communities in Red Hook and Sunset Park," Menchaca said in a statement. "What shocks me is the absence of anything new, innovative or useful in their proposal. Aecom hasn't bothered to engage Brooklyn residents and local planning experts.

"Their slick expensive proposal, pretending to foster dialogue asks, 'What kind of city do you want to live in?' Well Aecom, I choose to live in one where local communities determine their own future."

Jeremy Laufer, district manager for Community Board 7 which includes Sunset Park, also noted that the proposals need to consider the needs of the community as much as the landscape.

"It rehashes a number of concerns the community has had, which is for one thing, the serious lack of appropriate school space," Laufer told Metro. "We are listed as the second-highest most overcrowded community in the city."

Yet Laufer and many of his constituents strongly support any effort to improve transportation in their area, whether it's with new subway lines or the proposed BQX street cars that would run from Astoria down to Sunset Park.

"We learned from Sandy when the subway was knocked out and the buses were clogged that we need more diverse public transportation options," Laufer said, adding the especially dire need for 24-hour east-to-west transportation.

He also noted that better transportation would help the growing niche tourism to the waterfront, with its spectacular waterfront views of Manhattan, the harbor and the abandoned Army Terminal.

An MTA insider told Metro that it would be very challenging and expensive for AECOM to execute on its plan to resurrect and extend No. 9 train service. The 2nd Avenue Subway, he cited, is a $4 billion project, and the Red Hook line would be a mile longer and underwater.

One possibility would be similar to how the No. 7 line was funded, for which money was fronted from the city that would be paid back through future taxes.

Moss said that the government might be very amenable to funding mass transit in addition to the expanded ferry service and street cars being considered by Mayor de Blasio.

"The public sector has played a central role in building the infrastructure of the New York City we have," Moss said.

Commissioner of NYC Planning Michelle de la Uz maintained that Southwest Brooklyn needs simultaneous input from community groups, academia and the private sector.

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Bronx pol calls for restrictions to halt porn-viewing on city kiosks

Bronx Borough President Ruben Diaz Jr. urges the use of filters.

GARY KANE
@MetroNewYork
gary.kane@metro.us

GETTY IMAGES

One of the city's elected officials is particularly alarmed by reports that Wi-Fi kiosks are being used by some people to view pornography and urges the use of filters or other restrictions to halt the abuse.

"After learning about the inappropriate and over-extended usage of LinkNYC kiosks throughout the city, in particular in Manhattan, it is time to make adjustments that will allow all of our city residents to use this service safely and comfortably," Bronx Borough President Ruben Diaz Jr. said in a post on his website.

The most recent incident occurred Sunday morning in the Murray Hill neighborhood, where a woman walking her dog spotted a homeless person masturbating at a kiosk, the New York Post reported.

Diaz, who has hinted about running in the next New York City mayoral election, said the kiosks could be easily adjusted to block porn.

"The technology is there for them to filter out a few adult entertainment sites," he said.

Diaz added that the city should also consider restricting the amount of time a person can use the free Wi-Fi service.

"There should be a way where you can register like you do with Wi-Fi with an email address and have that timed out and then you can't log on for X amount of time," he said.

The kiosks, which feature free Wi-Fi, a tablet with web access and two USB charging ports, have primarily been installed in obsolete telephone booths. For emergencies, a red button links the user to a 911 operator.

The city intends to install 4,550 kiosks citywide by 2019.

BRIEFS

NYPD: Woman with baby stroller stabbed to death in Brooklyn

A 22-year-old woman was stabbed to death early Tuesday morning on a Brooklyn street while her infant child sat nearby in a stroller, police said.

The woman, who was later identified as Joann Beauzier, was stabbed in the chest just before 1 a.m. on Lott Avenue near the intersection with Bristol Street, investigators said. Witnesses told police that they saw two women run from the area after the stabbing.

Officers found Beauzier's 9-month-old child sitting in a stroller at the scene, NBC 4 New York reported, adding that police believe the child was placed in the custody of the father.

Beauzier was rushed to Brookdale University Hospital and Medical Center, where she was pronounced dead.

No arrest has been reported. GARY KANE

Meatballs on the menu for Italian earthquake relief

Mama mia! Hungry New Yorkers raising money for victims of the Italian earthquake plan to break the Guinness Book World Record by throwing back more than 29 meatballs in one minute.

No word on whether the meatballs will be "on top of spaghetti all covered in cheese" as the song goes, but on Tuesday, New York State Assemblyman Chad Luppinacci of the Italian American Legislature Conference and Joseph V. Scelsa from the Italian American Museum announced the NYC Meatball Eating Contest.

The contest will be held on Wednesday at 10:30 a.m. at Nino's Restaurant, 1354 First Avenue in Manhattan.

According to the assemblyman's office, New York has the largest Italian-American population with over 2.7 million residents — many of which have family in Italy that

GOOGLE COMMONS

were affected by the recent earthquake. The earthquake in central Italy killed more than 300 people.

Dozens of local restaurants across New York City are working with the Italian American Museum of Mulberry St. to collect funds for the victims. Proceeds from every meatball sold at Nino's Restaurant will go to the Earthquake Relief Fund.

If 29 meatballs aren't enough, this week New Yorkers and visitors can enjoy the Feast of San Gennaro in New York's Little Italy Sept. 15-25. KIMBERLY M. AQUILINA

Fuhgeddaboudit added to Oxford English Dictionary

Brooklyn's "fuhgeddaboudit" sign says goodbye to travelers.
KAI BRINKER / FLICKR CREATIVE COMMONS

You can fuhgeddaboudit, if you insist this phrase isn't a real word.

The famous saying associated with New York City and New Jersey residents has just been added to the Oxford English Dictionary.

Made popular in pop culture by Italian-American characters, such as in "The Sopranos," the word, according to Oxford, means "'forget about it'; used to indicate that a suggested scenario is unlikely or undesirable." Unofficial alternate spellings include foggetaboutit and fuhgeddaboutit.

Before Oxford caught onto its legitimacy, then-Brooklyn Borough President Marty Markowitz decided to honor the beloved local saying with a "Leaving Brooklyn" sign.

One of many unique signs greeting and saying goodbye to visitors to the borough, Markowitz told the Brooklyn Daily Eagle recently that he wanted to "let everyone know coming into Brooklyn or leaving that they were in a special place or leaving a special place."

"It was really about branding Brooklyn as a unique place to live, grow a family, have a business, work and be from," he said. CRISTABELLE TUMOLA

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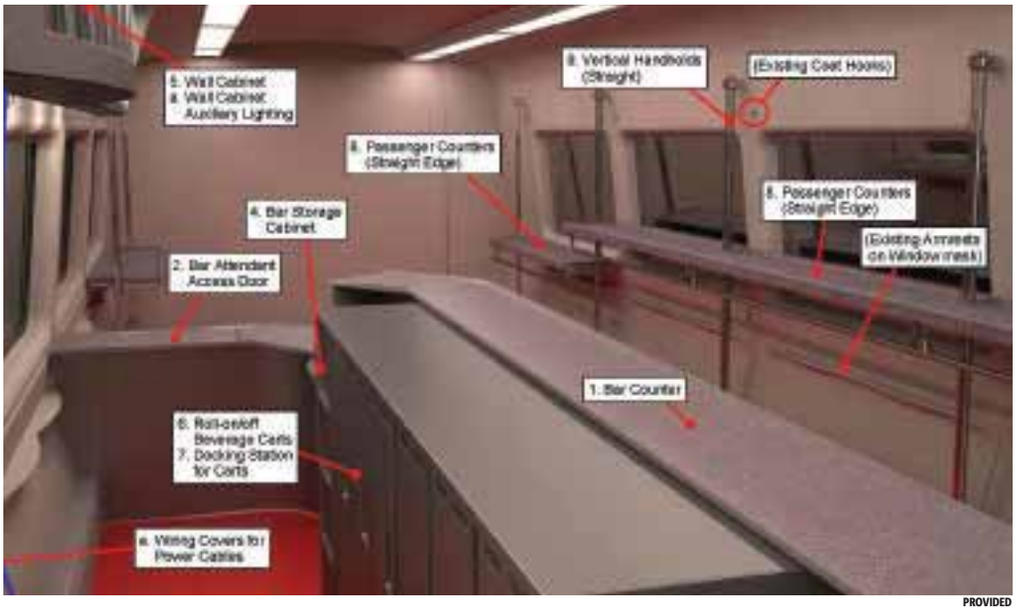
Cheers, Metro North! Bar cars are coming back

Commuters between New York and Connecticut will soon be able to enjoy happy hour on the ride home.

KIMBERLY M. AQUILINA
@MetroNewYork
letters@metro.us

Riding Metro North will soon be as swingin' as an episode of "Mad Men" when cafe cars, popularly known as bar cars, are reintroduced.

Connecticut Gov. Dannel P. Malloy announced on Tuesday that the New Haven Line, the "busiest commuter rail line in the nation," will soon feature 60 new M-8 cars, 10 of which will be designated bar cars, his office said.


5. Wall Cabinet
a. Wall Cabinet Auxiliary Lighting
9. Vertical Handholds (Straight)
(Existing Coat Hooks)
8. Passenger Counters (Straight Edge)
4. Bar Storage Cabinet
8. Passenger Counters (Straight Edge)
(Existing Armrests on Window mass)
2. Bar Attendant Access Door
1. Bar Counter
6. Roll-on/off Beverage Carts
7. Docking Station for Carts
a. Wiring Covers for Power Cables

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CTDOT owns the New Haven Line, which takes passengers between New York and Connecticut. An MTA spokeswoman said New York's agency will be able to give a statement after the Railroad Committee meeting on Sept. 26.

Bar cars, that used to feature wood paneling and red leather chairs, were taken out of service in 2014 when the old rail line cars, "introduced in the 1970s, were replaced by a new fleet.

A prototype M-8 bar car can be expected by 2018, Malloy said.

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Thousands gather in Philly to hear Obama stump for Hillary

"We can't afford to have someone treat this like a reality show."

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

A few dozen activists gathered to protest the Dakota Access Pipeline outside of President Obama's speech on Eakins Oval. CHARLES MOSTOLLER

The Democratic Party has started pulling out the big guns in the race for the White House, as President Barack Obama personally implored voters Tuesday in Philadelphia to get out there and campaign to help Hillary Clinton win.

A crowd of thousands packed Eakins Oval by the Art Museum to hear Obama confront some of the most common criticism and attacks that have dogged Clinton and blame the media for judging her more harshly than her opponent Donald Trump.

"She's been accused of everything you can imagine, and has been subjected to more scrutiny and what I believe is more unfair criticism than anybody out here," Obama told the crowd, to cheers.

"I sure do get frustrated with the way this campaign gets covered. Do you mind if I just vent for a second?"

Obama went on to compare the most common criticisms of Clinton — her transparency, her private email server, and the Clinton Foundation's activities — to the criticisms of Trump. He pointed out that Trump hasn't released any of his personal tax returns.

"One candidate's family foundation has saved countless lives around the world," Obama said his former secretary of state and 2008 rival for the Democratic presidential nomination. "The other candidate's foundation took money other people gave to his charity and then bought a 6-foot-tall painting of himself."

As the crowd roared with laughter, Obama comically added, "At least he had the taste not to go for the 10-foot version."

But Clinton's polls numbers may be slipping as her strong lead coming out of the Democratic National Convention has begun to erode. A new Quinnipiac poll released last week found Clinton with a five-point lead in the battleground state of Pennsylvania, half of what she had a month ago. Polls show a dead heat in Florida between the two candidates.

Meanwhile, the Washington Post reported that Democratic voters in the state aren't very enthusiastic, that African-American voters are "lukewarm" and won't just vote to defeat Trump, and that low turnout is expected, which could hurt Clinton.

Obama's visit, which shut down roads through Center City and snarled traffic all day, was likely planned to keep the campaign's energy up. Bernie Sanders is scheduled to campaign for Clinton at Carnegie Mellon University in Pittsburgh on Friday.

"My most important message is we cannot take this election for granted," Obama told the crowd. "We've got to fight for this thing. … We can't afford to have someone treat this like a reality show."

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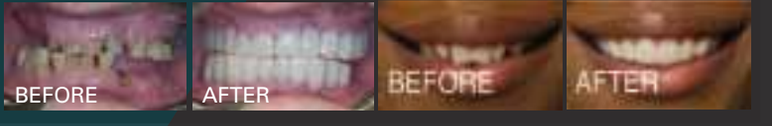

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BRIEF

Prosecutors: Anti-government militants conspired in Oregon refuge standoff

Anti-government militants who seized a federal wildlife refuge in Oregon earlier this year conspired to intimidate government workers and steal property, a heavily armed invasion that was not protected by the U.S. Constitution, prosecutors said on Tuesday.

Assistant U.S. Attorney Geoffrey Barrow told a packed courtroom in downtown Portland that during the January takeover, the conspirators, many wearing camouflage and toting rifles, practiced shooting drills and hand-to-hand combat at the Malheur National Wildlife Refuge. They also had a stockpile of some 15,000 rounds of ammunition.

"We all have a right to bear arms," Barrow said. "This is a case about what the defendants did with those firearms."

Barrow's remarks came during opening statements in the trial of ranchers Ammon and Ryan Bundy and five other limited-government activists who led the 41-day takeover of the refuge that began on Jan. 2.

The defendants pleaded not guilty to conspiracy to impede federal officers from doing their jobs through intimidation and force, possession of firearms in a federal facility and theft of government property.

The takeover at Malheur was the latest flare-up in a decades-old conflict over federal control of millions of acres of public land in the West.

The Bundy brothers have been at the forefront of that movement and stood by their father, Cliven Bundy, at his Nevada ranch in a 2014 armed standoff with authorities over enforcement of federal grazing rights.

REUTERS

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Wells Fargo GETTY IMAGES

Wells Fargo may take more disciplinary action over sales abuses

Wells Fargo paid $185 million in fines and $5M to customers after reaching a settlement with three regulators over sales abuses as employees opened sham credit card, debit card and other accounts to meet aggressive sales targets. The phantom accounts resulted in some customers being hit with fees for insufficient funds.

Wells Fargo & Co may take additional disciplinary action over sales abuses that led to $185 million in penalties and the firing of 5,300 employees, Chief Financial Officer John Shrewsberry said at an industry conference on Tuesday.

He said the bank will "take a big wide fresh look at who knew what and when and what else might have been done."

Shrewsberry said the review would impact people "at all levels of the organization."

The incident has also brought attention to the compensation of Carrie Tolstedt, who stepped down as head of the bank's Community Banking unit in July. According to the bank's 2015 proxy, Tolstedt received more than $9 million in cash and stock in 2015, and she has more than 2.5 million in Wells Fargo shares which would be worth about $120 million at Tuesday's prices.

Wells Fargo announced Tuesday it would eliminate product sales goals for retail bankers, one of several recent measures it has taken to try and get in front of a gathering public storm over the sales scandal.

In a interview with CNBC Tuesday, U.S. Treasury Secretary Jack Lew said the enforcement action highlighted "bad behavior" by Wells Fargo, adding "how that flows through in terms of next consequences is going to depend on the facts of the case."

A Wells Fargo spokeswoman declined to comment on Lew's remarks. A Wells Fargo spokeswoman said Tolstedt was not fired, but "made a decision to retire at the end of this year." Tolstedt could not be reached.

The issue has also attracted the attention of U.S. Democratic presidential nominee Hillary Clinton, and at least seven U.S. senators have signed letters calling for an investigation.

REUTERS

Clinton server technicians rebuff questions from Congress

Ranking member Rep. Elijah Cummings listens during a hearing on examining preservation of State Department federal records before the House Oversight and Government Reform Committee on Tuesday. GETTY IMAGES

Paul Combetta and Bill Thornton repeatedly invoked their constitutional right not to incriminate themselves during about 10 minutes of questioning while under oath before the House Oversight and Government Reform Committee.

Two computer technicians declined to answer questions from U.S. lawmakers on Tuesday about the unauthorized private email system that Democratic presidential nominee Hillary Clinton used during her tenure as U.S. secretary of state.

The investigation of Clinton's email system has become a troublesome issue for her presidential campaign, with Republican rival Donald Trump saying a recent finding by federal investigators that she mishandled classified government secrets in her email should disqualify her from office.

A third technician, Bryan Pagliano, did not appear at Tuesday's hearing despite a subpoena from the committee ordering his testimony. Lawmakers can jail people who defy congressional subpoenas.

Combetta and Thornton work for Platte River Networks, the Denver technology firm that began managing Clinton's email servers soon after she left the State Department in 2013. They invoked their Fifth Amendment protection from self-incrimination to each question from lawmakers and Jason Chaffetz, the committee's Republican chairman, excused them out of what he called "respect" for their rights.

Elijah Cummings, the committee's most senior Democratic member, expressed sympathy for the technicians, saying the Republicans were only trying to use them to embarrass Clinton.

Chaffetz criticized Pagliano, who managed Clinton's server while she was the nation's most senior diplomat, for not complying with the subpoena and said the committee would decide after the hearing whether to punish him. Pagliano, who joined the State Department with Clinton but also was paid privately by her for working on her server, was given a form of immunity from prosecution in 2015 for cooperating with a federal investigation into the mishandling of classified information over the server.

Clinton has said she regrets using the system in her New York home's basement for work. Voters have repeatedly said in surveys the decision contributes to a feeling she is untrustworthy.

The hearing was one of a series called by the committee's Republican leadership to answer questions the lawmakers say have been left unanswered by a report released this summer by the Federal Bureau of Investigation. REUTERS

BRIEF

LinkedIn's Hoffman: Trump presidency would be 'terrifying' for policy

LinkedIn cofounder Reid Hoffman said on Tuesday that Republican presidential candidate Donald Trump would have a "terrifying" effect on domestic and foreign policy if elected.

The comments came one day after Hoffman published an article on Medium.com pledging support to a CrowdPac crowdfunding campaign that promises to donate to veterans causes if Trump releases his tax returns.

Hoffman said in his article that he will match five times the crowdfunded amount to donate up to $5 million. The campaign has raised more than $90,000.

Hoffman told a crowd at TechCrunch Disrupt 2016 in San Francisco that he was "in denial" about the possibility of a Trump presidency but encouraged by efforts to hold the candidate accountable.

Reid Hoffman GETTY IMAGES

Trump's campaign did not immediately respond to a request for comment.

Trump is facing criticism for not releasing tax returns, a political practice that is not required by law but has been done by every White House nominee since 1973.

"When I saw the campaign ... I said that's exactly the right way to make this message, a message in support of folks who have given great service to our country. If Donald Trump is as concerned with making America great as he says he is he should care about veterans," Hoffman said. REUTERS

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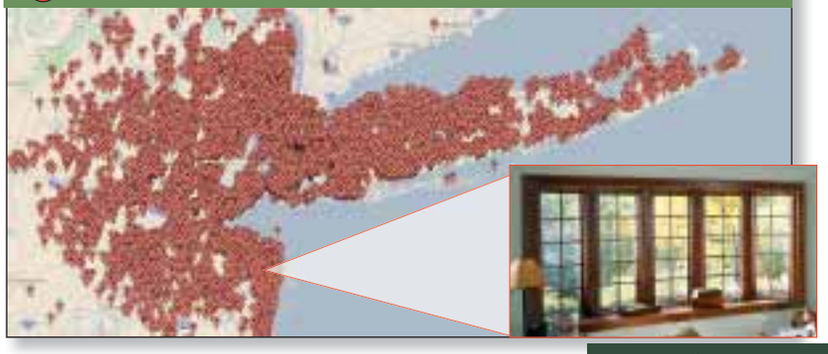

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Probe blames Delta pilot for 2015 NYC accident

A Delta Air Lines jetliner rests on a berm at LaGuardia Airport March 5, 2015, in Queens. FDNY VIA GETTY IMAGES

The U.S. National Transportation Safety Board on Tuesday faulted a Delta Air Lines pilot for a March 2015 incident in which a Boeing MD-88 veered off the runway at New York's LaGuardia Airport, resulting in minor injuries to 29 passengers.

The report said the pilot's use of excessive reverse thrust during landing led to a loss of directional control and the jet's departure from the snow-covered runway.

The report also said the flight and cabin crews did not conduct a timely or effective evacuation for a number of reasons, including the fact that damage to the aircraft resulted in the loss of the interphone and public address system, which delayed an announcement to evacuate the aircraft.

The evacuation of the plane with 127 passengers and crew took 17 minutes and did not start until six minutes after landing, the NTSB said.

The plane struck a chain-link fence before coming to rest on a snow-covered embankment just feet from Flushing Bay with its left wing tank leaking fuel.

"Make no mistake: This was a very close call," NTSB chairman Christopher Hart said on Tuesday.

LaGuardia, the smallest of the New York area's three major airports, was temporarily closed after the mishap.

The report said the captain faced situational stress at the time of landing, which prevented him from immediately recognizing the use of excessive reverse thrust.

Delta said in a statement it had cooperated in the probe and "we respect their findings, conclusions and recommendations. Delta leaders will use this NTSB guidance to further enhance the safety of our global operation."

The NTSB report also raised concerns about the initial uncertainty about the number of passengers aboard the plane, which didn't include two lap-held children. The report also faulted the Federal Aviation Administration's airport winter safety guidance as "not sufficiently clear about the timing and need for updated runway condition reports." REUTERS

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Pardon for Edward Snowden seen unlikely

The U.S. government will not budge on its demand that former National Security Agency contractor Edward Snowden return to face prosecution for stealing thousands of classified intelligence documents, despite new calls for President Barack Obama to pardon him, U.S. officials said on Tuesday.

The officials said they expect Snowden's supporters to use the Thursday release of "Snowden" — directed by veteran filmmaker Oliver Stone — to mount a public campaign demanding a pardon before Obama leaves office in January.

Snowden, who lives in Moscow, is scheduled to appear via video link on Wednesday at a New York press conference, where advocates from human rights groups will call for a pardon.

They argue that Snowden performed a public service by exposing excessive and intrusive electronic spying by the intelligence agency and its English-speaking allies, including Britain's Government Communications Headquarters.

In an interview published by The Guardian on Tuesday, Snowden said the U.S. Congress, the courts and the president all "changed their policies" as a result of his disclosures, and that "there has never been any public evidence that any individual came to harm as a result."

White House spokesman Josh Earnest said on Monday that Snowden is charged with "serious crimes, and it's the policy of the administration that Mr. Snowden should return to the United States and face those charges."

Two other U.S. officials said there are no discussions inside the Justice Department about granting him a pardon.

Snowden THE GUARDIAN VIA GETTY IMAGES

Some officials have acknowledged that Snowden raised legitimate questions about the extent and effectiveness of some electronic eavesdropping, particularly the NSA's sweeping collection of "metadata" on domestic telephone calls by Americans, a practice that was curtailed after his revelations.

Other officials, however, say the material Snowden gave the media included sensitive details about the locations and operations of U.S. and allied global spying operations, some of which were compromised. REUTERS

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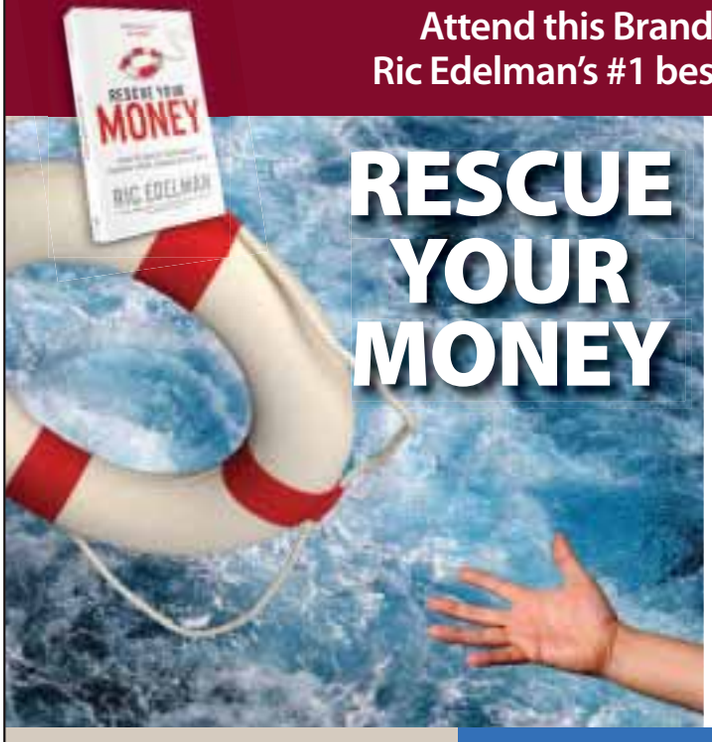

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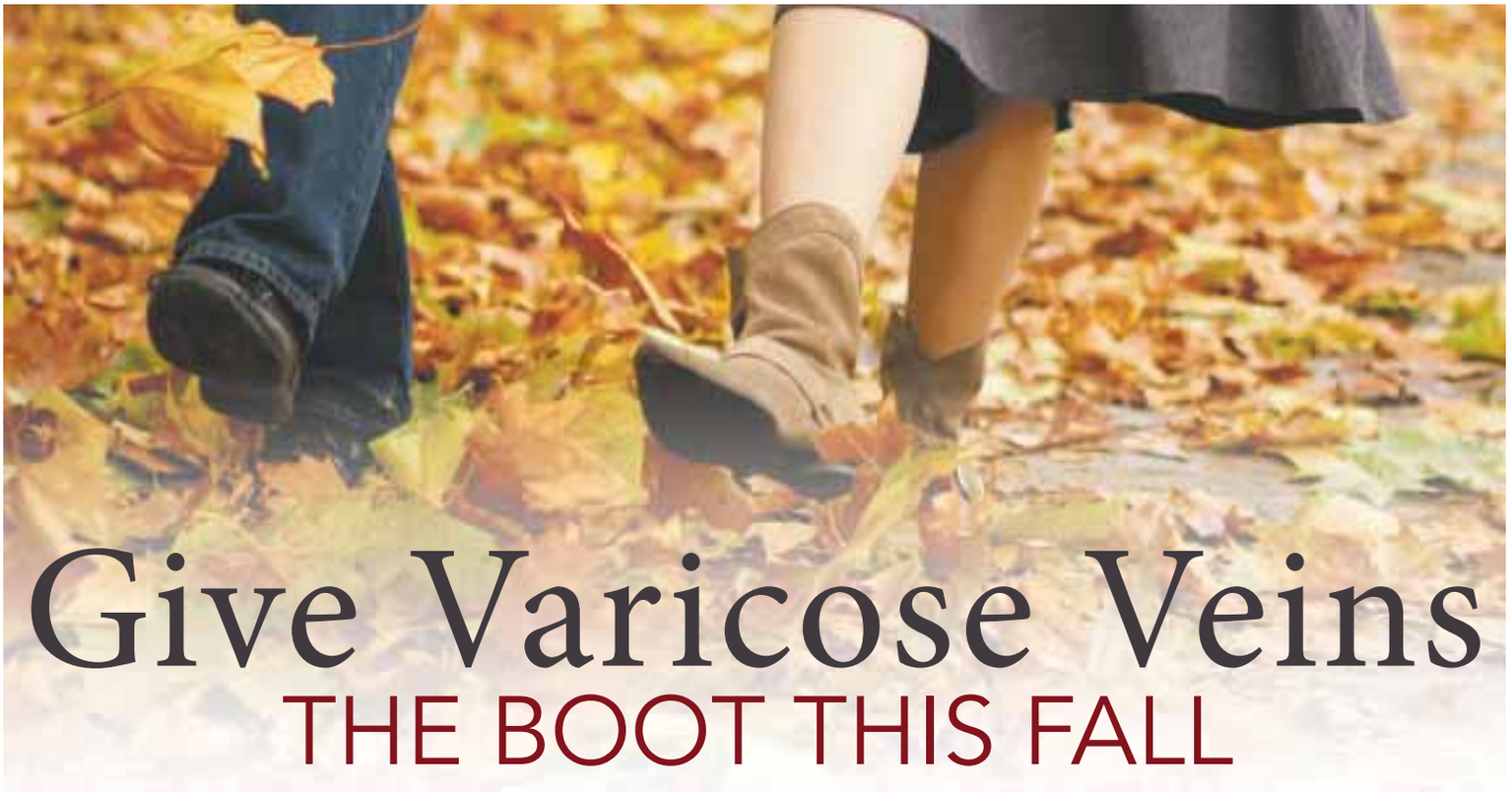

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Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 227 KNEE

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

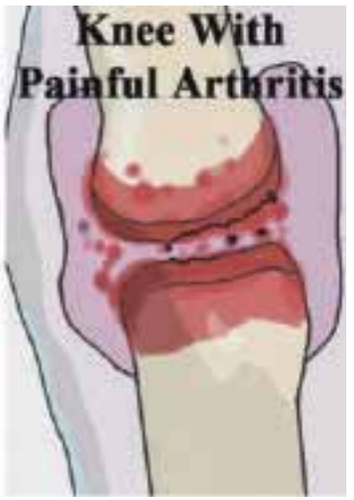
The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

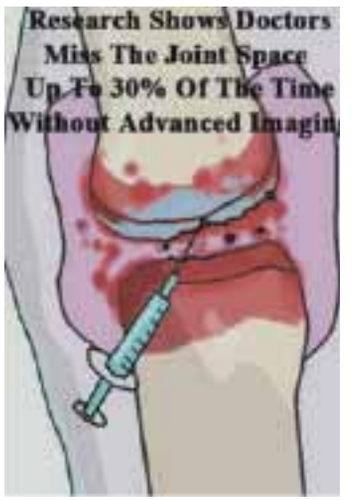
Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - The red is a knee joint with painful osteoarthritis. With progressive "drying out", arthritis causes the joint space to decrease and an array of symptoms which may include grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Treatment (blue) being applied directly into the knee joint using Precision Arthritis Targeting Technology. Advanced imaging allows treatments to be as precise as possible. Viscosupplementation can lubricate the joint and decrease pain.



Failed Treatment - the medicine misses the joint space. Research shows this occurs up to 30% of the time without the use of Precision Arthritis Targeting Technology to guide the injection. This is why prior treatment may not have worked for you.

Democrats expect Senate will oppose Obama on Saudi 9/11 bill

The Democratic leaders of the U.S. Senate said on Tuesday they expected the chamber would vote to override President Barack Obama's promised veto of a bill allowing relatives of victims of the Sept. 11 attacks to sue Saudi Arabia.

It would be the first override of an Obama veto since he took office in January 2009.

The "Justice Against Sponsors of Terrorism Act," known as JASTA, would remove sovereign immunity, preventing lawsuits against governments, for countries found to be involved in terrorist attacks on U.S. soil.

Fifteen of the Sept. 11 hijackers who crashed airliners in the 2001 attacks were Saudi nationals. The Saudi government, which strongly denies responsibility, has lobbied against the bill.

Undated photos of the suspected hijackers involved in the terror attack on the United States on Sept. 11, 2001. FBI/GETTY IMAGES

But some members of Congress have become increasingly restive about relations with Saudi Arabia, long an important player in U.S. Middle East policy.

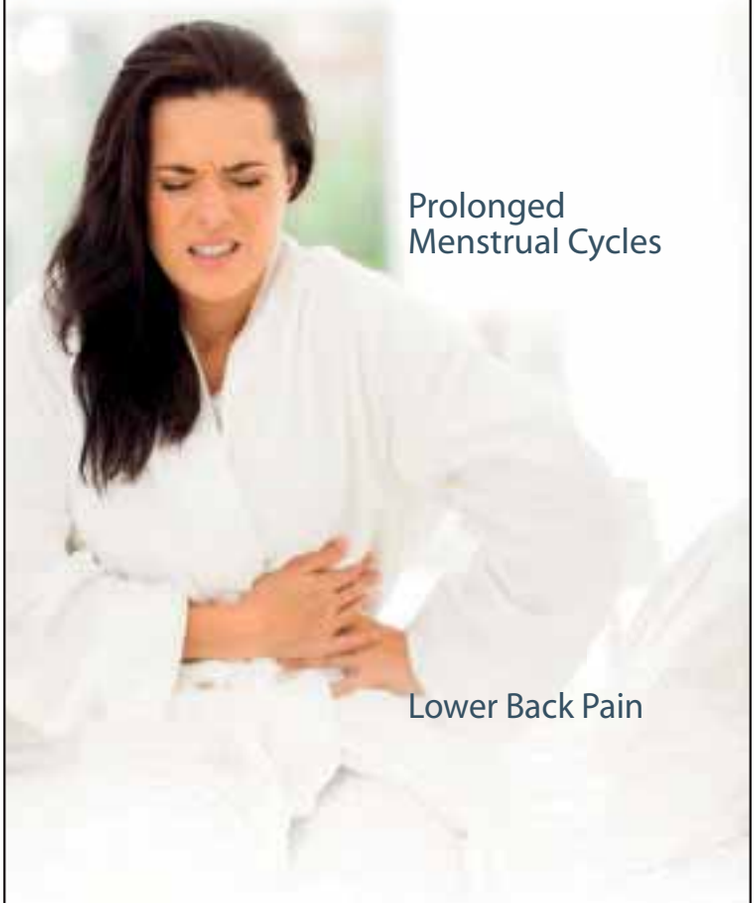
Harry Reid, the Senate's Democratic leader, said he supported the measure. "They're not one of my favorite countries," he said of the Saudis.

Richard Durbin, the No. 2 Senate Democrat, said, "We're all on the record supporting it, so at this point I think it's a heavy lift for the president to have his veto sustained."

A White House spokesman said in a briefing on Tuesday it had received the bill, but did not offer updates about timing of a veto. The Constitution gives the president 10 days after receiving a bill to veto it before it automatically becomes law.

REUTERS

FIBROIDS? Seeking a
HYSTERECTOMY ALTERNATIVE?



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- ☑ Pelvic pain and pressure
- ☑ Pressure in your lower abdomen
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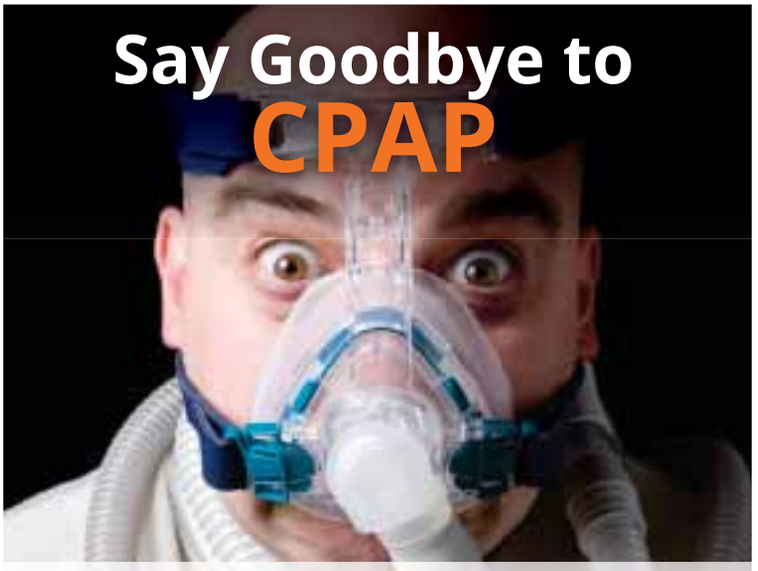

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Renowned Yoga Guru Knows Why You're Stressed

WRITTEN BY
A.P SINGER

Stressed out? If you're like most Americans, your answer is yes. But while the vast majority of us seek solace in activities that distract us from anxiety, the world's oldest wisdom traditions tell us that the only way out is in.

In other words, the key to optimal well-being may be to sit with anxious sensations and actually *feel* them. From there, the question then becomes: Why am I stressed out in the first place? According to Sadhguru, founder of the Isha Foundation and one of the world's leading authorities on yoga and meditation, it isn't life's situations that cause our stress; it's our inability to cope with them.

When things are not working out the way we want them to, we often react with resistance, which causes feelings of stress—but what if we reacted differently? That's exactly what Inner Engineering nudges us to do; to go inward to find peace and transcendence.

The inner landscape is a rich one indeed, and the good news is that navigating this sacred terrain doesn't have to be complicated. The Isha Foundation's world-renowned Inner Engineering program gently guides participants in the wonders of meditation. At its core, it provides the solutions and tools necessary to create the life you want; the life each one of us deserves. What Inner Engineering is really about is distilling the ancient yoga sciences into digestible, practical tools for managing our emotions, mind, body, and overall life energy.

To put it simply, the focus is on nurturing yourself—instead of pouring all your attention and energy into changing external situations so that they meet your expectations. So instead of engineering the world from the outside, Inner Engineering invites us within.

The Isha Foundation, which is a non-profit organization, offers a variety of courses that teach us how to do just that, empowering participants with tools for tapping into the magic of present-moment awareness.
The overarching idea behind Inner Engineering is that nourishing the self has the power to ignite a spark in collective consciousness. What's more, those who take part in these programs are also provided with valuable take-home activities so that these benefits can continue long after the course ends. This way, those tools for well-being will always be right at their fingertips.

The Inner Engineering program can be taken in a variety of ways, either online or in person in cities all over the U.S. and Canada. You can also opt for a retreat at the Isha Institute, which is made up of 1,400 acres on the spectacular Cumberland Plateau in Tennessee. Here you'll learn the ancient techniques for creating inner well-being.

Sadhguru•Yogi, Mystic and Founder of Isha Foundation

Sadhguru's latest book, *Inner Engineering: A Yogi's Guide to Joy*, sheds light on the endless ways in which humans can harness their inner power. Perhaps the most notable tidbit, especially for perpetually time-starved Westerners, is that Inner Engineering only requires 21 minutes per day. It's also not a religious practice; it is completely independent of any doctrine, dogma or philosophy. On the contrary, it is a deeply human, built-in technology for embracing our own natural abilities and coping skills.

To experience the book release live, visit MeetSadhguru.org for event details. He'll be debuting it in New York on September 20 at The Town Hall Theater at 7 p.m.

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Internet idiots think Kurt Cobain is alive and living in Peru

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Dear users of the internet: You are dumb. This weekend you thought Hillary Clinton had a body double. Now you think Kurt Cobain is alive and well and living in Peru — as a Kurt Cobain impersonator. In a new, predictably awesome conspiracy theory — made semilegitimate by reliably hysterical and long-headline-writing British tabloid Daily Mail — it's claimed that Cobain faked his death, hopped down to South America and is now living a happy life as Ramiro Saavedra, a man who looks nothing like Cobain and, oh, is 32 years old. That means Cobain, who took his life in 1994 at the age of 27, has managed to age only five years, and also look Peruvian. It's weak sauce that should never have escaped the depths of Reddit. Instead it got big enough that Nirvana's Facebook page had to write a sarcastic post addressing the issue: "It is true, Kurt is alive. He needed time to learn to play the guitar with his right hand. Finding left-handed guitars is not easy. We are so happy to have him back and forgive him for all of the sadness that we have held so deeply in our hearts." To theorists' credit, Saavedra does sound a lot like him, as heard in a performance of "Come as You Are" dug up from 2012. And for the lunatics who have taken over the internet and made it a miserable place to hang, perhaps that's enough.

Monica down to make up with Brandy, but not the other way around

The dream of the '90s is still very much alive for one half of the "Boy is Mine" duo — but for the other, the only thing alive is the drama.

On the Season 3 premiere of "The Real," Monica responded to Brandy's recent Twitter diss by saying it didn't bother her at all, and that she would definitely collaborate with her old singing partner in the future.

To brief you on the Twitter triflin': A fan had tweeted at Brandy, asking if she would participate in Monica's #Sogone challenge, and all Brandy said was, "Chile, bye."

But for Monica, her beef with Brandy is in the past: "Honestly, the old me and the new me are two different things," she told Loni Love on "The Real." "This journey of self-progression and self-love and empowerment that I'm on, I can't go backwards."

Monica also praised Brandy, saying, "I've always thought that she was one of the most legendary people and has one of the most amazing voices" and waxed nostalgic about the "very special time" back when she, Brandy and Aaliyah were all close.

Well, Brandy took Monica's olive branch and basically set it on fire. On a now-deleted Instagram post, she wrote some pretty petty hashtags that were clearly about Monica: "#IknowTHEREALStoryThatEverybodyDoesn'tKnow and #PositivityIsTheOneThingYouShouldNotFake."

Maybe the writing was on the wall. This verse from their old hit is more relevant than ever:

"You can say what you wanna say / What we have you can't take / From the truth you can't escape / I can tell THE REAL from the fake."

Celebrities at New York Fashion Week

"Star Wars" star Oscar Isaac (left) and Knicks player Carmelo Anthony (right) at Rag & Bone.

Beyonce proteges Chloe & Halle at Tory Burch.

Models Martha Hunt, Emily Ratajkowski and Nina Agdal at DKNY.

Honest Co. mogul Jessica Alba at Tory Burch.

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Phoebe Waller-Bridge of 'Fleabag' talks saving guinea pigs and sex on TV

Phoebe Waller-Bridge stars in the new series, "Fleabag," premiering on Amazon Prime Video on September 16. AMAZON STUDIOS

You can't do that on television ... or can you?

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

"Fleabag" is a new show that falls somewhere between the quirky, relatable humanity of "Bridget Jones" and the naughty, in-your-face raunchiness of "Girls." Phoebe Waller-Bridge, who wrote and created the series, is also its female lead — an outwardly confident, beautiful and hilarious character who harbors a hidden darkness. We got to chat with Phoebe about the show's origins and why killing guinea pigs is not cool for TV but anal sex totally is.

How were you initially inspired to write "Fleabag"?

The genesis of ["Fleabag] was that I was asked to write a one-woman show for a 10-minute slot in a London theater by a friend of mine. When that 10 minutes was written, a couple of people said we should take it to Edinburgh, and we got a slot in the Edinburgh festival. She's a woman who's just trying to hide something, basically hide a pain and then, on top of all of that, seem like she's completely together and funny and sexually confident and in control of everything. So much of my 20s was trying to convince people that about myself.

What was it like transitioning from a stage show to television?

Sort of like hitting my head really hard against a wall for a year. The first difficult stage was that I played all the characters in the stage play, so I had to let go of all of them and then handing them over and allowing them to have their own lives. The first thing that I had to suddenly focus on was building these characters lives outside of "Fleabag."

You mention you felt a lot like this character in your 20s. Is "Fleabag" inspired by real-life experiences?

To some degree it was a very personal piece. A lot of the anecdotal things either almost happened to me or did happen to me. Or that I kind of imagined would be hilarious if they happened to me. Like my friends and family are very healthy and alive. There's a lot of people sort of in it in spirit but no portraits or anything.

Do we ever learn your character's real name in the show?

Yeah. I knew that "Fleabag" was going to be the title of the play, and in turn, it would be implied that that's her name. Yeah, she doesn't have a name. I kept thinking if I called her something it would be "Sarah" or "Annabelle."

So this show premiered overseas on BBC Three in July. Were they cool with you covering raunchier subject matter like anal sex?

They loved it. They love all that stuff. I think there's been a real appetite for female sexual candor. "Girls" blew the doors open for that kind of thing. It builds to something and it means something and it's not just her flinging words around for shock value. She uses that candor to gain control. There was one thing they wouldn't let me do in the play, which was kill the guinea pig.

She killed a guinea pig?

In the play.

Oh my God. Yeah, that wouldn't fly.

Yeah, they were like you can do whatever you like, but you cannot kill the guinea pig. BBC saved the guinea pig.

Do you think American audiences are more prudish when it comes to sex?

The thing about "Fleabag" is that it's the language that's really explicit. I think that actually does shock people more. What was really important to me was that there's no kind of nudity or tits or ass in it, because it's about the power of the language. I guess they're used to seeing people having sex more than people just talking to us directly about it.

"Fleabag" premieres on Amazon Prime Video this Friday, Sept. 16.

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- I have cramps in my legs which always happen when I walk the same distance.
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5 Beauty trends you'll be stealing long before spring

Fashion Week played to both extremes. The spring 2017 shows are coming to a close, and while the see-now-buy-now trend is giving you instant access to your runway wish list, there's an even faster fix to next season's biggest trends. Here are five gorgeous beauty looks we spotted on models — all so of-the-moment you'll want to break them out this weekend.

RACHEL RACZKA

GETTY IMAGES

Middle school coifs

Your go-to look for band recital got casual-chic updates at Brock Collection and Marissa Webb. Twist and tie back hair away from the face for a look that's effortless but polished. At Marissa Webb, TRESemme stylist Jeanie Syfu aimed for "achievable drama" using the hair care brand's Extra Firm Control Mousse to prep damp hair before blowdrying with a paddle brush. She then parted the hair down the middle, twisting back the top sections starting at the ears, before securing the ponytail at the nap of the neck.

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Get shagged

The beach wave is nothing new, but shaggier, shorter, jaunty layers give the look new life. Models at Alexander Wang had their locks chopped, bleached blonde and given messy beach waves by Redken Creative Director Guido Palau. Their surfer-inspired cuts were paired with minimalist, sun-kissed glows from Nars.

GETTY IMAGES

PROVIDED

Ditch your liner

Lower lash lines got a break this season, with the likes of Band of Outsiders, Jason Wu and Tommy Hilfiger going for an undefined eye. Instead, the basically bare looks put an emphasis on extremely healthy, glowing, plump skin. Maybelline's Grace Lee, who led artists at Band of Outsiders, says she kept her models fresh-faced and dewy by applying the brand's Dream Cushion Foundation (out in January) with a damp sponge and using color corrector to pat out any imperfections.

Go negative

Negative space nails make the traditional French manicure cool again. Tanya Taylor, Creatures of Comfort and Rebecca Minkoff all featured manis with bare bases and a slender swipe of color either at the tip or the base line. What makes the look pop is cheeky color choices and placement — there's nothing "ladies who lunch" about this extremely cool, low-maintenance update.

SAM KIM FOR ESSIE

PROVIDED

Textural pouts

We can finally trade near-impossible-to-wear anti-statement nudes for complex, layered lip colors that make a serious impact. DKNY's sparkling smiles came courtesy of Pat McGrath's glitter-packed Lust 004 lip kits, while two-toned lips (shaded in with two hues of hot pink MAC lip pencils) provided a come-hither effect at Cushnie et Ochs. Creatures of the Wind gave their matte lips a velvety finish, with lead makeup artist Mark Carrasquillo dipping a fluffy brush in pigment powder to dust over Nars' red lip. So plush.

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It's an interesting time for DKNY. The brand was recently sold by LVMH to G-III Apparel Group and the fate of creative directors Dao-Yi Chow and Maxwell Osborne is unknown.

That said, Bella Hadid opened the show in a vampy tuxedo dress with plunging neckline and hoodie, and the message was clear: The DKNY girl is a BOSS in the baddest city around.

Only, the city that Chow and Osborne were imagining was New York in the future: Workwear separates came in sculptural shapes; fanny packs were the go-to bag of choice; sporty items like sweatshirts were reworked into dresses; and sheer anoraks came over mesh biker shorts and bra tops with the label's logo. The clothes, including several variations of baggy tech pants, were sporty and tough. And like the girl gang marching down the runway, they perhaps signified a willingness of the creative directors to fight for what's theirs.

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Inside Look: $2.8M Brooklyn brownstone

The home, near Prospect Park, retains 19th century charm.

CRISTABELLE TUMOLA
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Brooklyn charm is bursting out of this brownstone, located on what is described as "arguably the best block in Prospect Lefferts Gardens," its listing boats.

Unlike that other neighborhood that starts with a "P," buyers can find a historic single family home close to the park for a lower price in this up-and-coming area.

Listed for $2,795,000, the property at 68 Rutland Rd. dates back to the 19th century and greets visitors with a Queen Anne stoop, followed by a parlor floor with bay windows. What is noticeable is the well-preserved home's woodwork and size — 20 feet wide by 50 feet deep in more than 4,000 square feet, plus a cellar.

Original woodwork includes pier mirrors, wainscoting, mantles, parquet floors, two sets of pocket doors and pocket shutters. There is also an intact staircase, and nearly all the original door hardware.

Modern details mix with the old in the chef's kitchen overlooking the garden, including a reclaimed 100+ year-old subway tile backsplash and beamed ceiling, and full Viking appliance package with wine fridge.

The master suite is one of six bedrooms and three bathrooms, featuring original woodwork, decorative mantle and bay windows like the downstairs, as well as a modern master bath with marble details, heated towel rack and double stall shower.

The top floor continues to mix the old and new, with an oversize whirlpool air-bath soaking tub and large laundry room with an original early 20th century cast-iron double sink, and an auxiliary beverage center.

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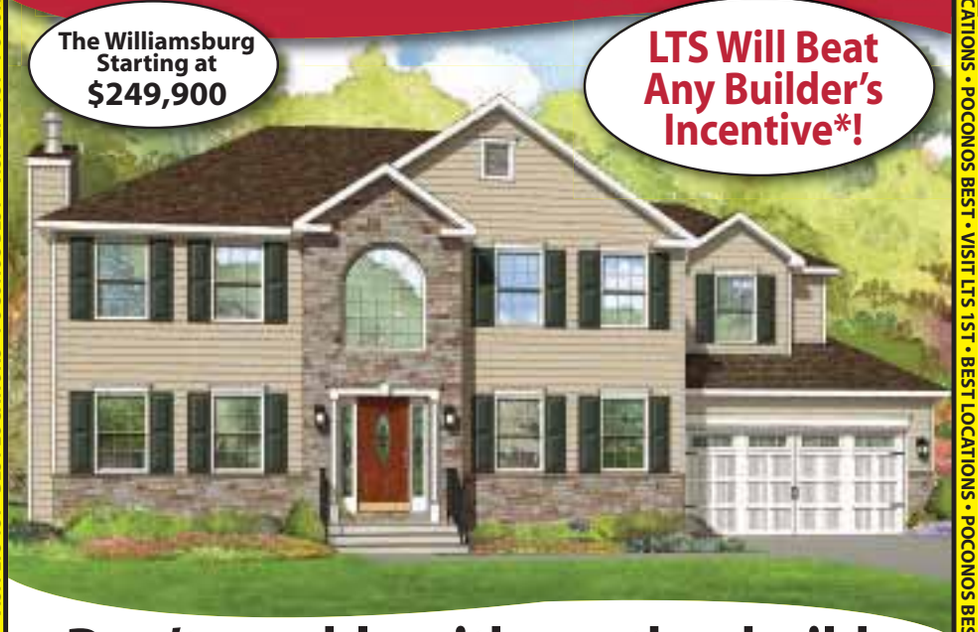

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5 Fall home weekend projects

What to do now for a safer, cheaper, cozier winter.

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Get a few tasks out of the way now so you're smooth sailing all winter. ALL PHOTOS ISTOCK

There's nothing better than that first day you step outside and realize it's fall, the season of cozy cardigans and crunchy leaves and pumpkin spice. And, ahem, home maintenance. At the risk of souring that caramel apple, now is the time to prepare your home for the harsh months ahead. We checked in with renovation and design expert Frank Fontana, who along with his wife, Sherry, will spend this fall revamping historic homes on their new series for FYI, "Downtown Shabby." Here's what's on his personal to-do list. (And by his, we mean Sherry's.)

Show your deck some love

After enjoying it all summer, the least you can do is protect your deck over the winter. "Give a quick top coat to wood porches and decks," says Fontana. "To add years, it's always a good idea to give them a sand and seal to prepare for the harsh, wet storms to come."

Tuck your yard in

It's important to ready your yard for the long winter's nap ahead. Fontana recommends giving the grass one last mow and seeding to ensure a greener spring, as well as tidying up loose branches and garden debris before they do you dirty when covered in snow. (Don't have a yard? Join us in feeling smug on the fire escape.)

Seal out those drafts

It only takes one fall afternoon to save money and energy all winter. "Caulk is a carpenter's best friend and can be a budget-saver by keeping heat in the house around the windows," says Fontana. "Check all windows for deteriorating caulk areas and reglaze if needed. And believe it or not, heavy curtains and window treatments can provide a layer of weatherproofing."

Go mold hunting

If your home is older, mold should be on your maintenance radar. "Since older homes tend to have lots of spaces and gaps where moisture can seep in from settling and shifting, mold testing is always on the top of this list," says Fontana. "Get an air quality test once a year to assure old walls aren't collecting moisture and mold. It's less of a project, but a headache if you find it." Consider our fingers crossed.

Get in the gutters

Don't want to spend January shoveling snow off your sofa? Pay the roof a visit now. "Sherry likes to remind me to get up on the roof and get those gutters clean before winter hits by leaving the ladder on the front porch with a hand rake," says Fontana. "Cleaning out gutters before winter is crucial to avoid freezing and blockage during wet and freezing spells, which will cause water to overflow and create dangerous icicles and water dams."

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NFL power rankings | by Luke Miller

No. 1

Patriots (1-0)

No Brady, no Gronk, no problem. All the Patriots did is walk into Arizona and walk out with a win. This was the first time the Pats were underdogs in a season opener since Drew Bledsoe was the starting quarterback. It might be the last time they are this season.

No. 2

Broncos (1-0)

Credit the Broncos for adjusting at halftime to the adjustments the Panthers had made following their Super Bowl defeat. Credit Trevor Siemian for pulling out the victory in his first start. Just don't credit the refs for their performance re: illegal hits on Cam Newton.

No. 3

Steelers (1-0)

Washington dared Antonio Brown to beat them, and he did. Handily. 126 yards and two touchdowns for Brown were matched by 155 yards and two more scores on the ground from DeAngelo Williams. The Steelers showed they're just fine without Le'Veon Bell.

No. 4

Panthers (0-1)

Kelvin Benjamin returned to the field, got his catches, and survived a hard hit. The Panthers were ready to defend the Broncos' edge rushers they couldn't handle in the Super Bowl. But the treatment — or lack thereof — of Cam Newton at the end of the game will be a black eye.

No. 5

Seahawks (1-0)

That wasn't the season opening performance you wanted to see from the Seahawks, injury to Russell Wilson or no. Going forward, that will be a big concern for Seattle. The positives are the defense limiting Adam Gase's new team to 214 net yards and Arian Foster to 38 yards.

No. 6

Cardinals (0-1)

The Cardinals may struggle for a long time to figure out how they lost to New England. They outgained the Patriots. They won the turnover battle. They came up short. The real star for Arizona was 33-year-old wonder Larry Fitzgerald who caught two touchdowns.

No. 7

Packers (1-0)

While Jordy Nelson's longest reception being eight yards is hopefully not the new normal, Packers fans could rejoice to see him in the end zone again. Aaron Rodgers did exactly what you expect, but the defense did a surprisingly good job against a Jaguars offense that has bite.

No. 8

Bengals (1-0)

Is the road win against a quality opponent more or less impressive when you remember the Bengals let Andy Dalton get sacked seven (seven!) times? The Bengals didn't seem to need receivers besides A.J. Green, who hauled in 12 catches for 180 yards and a score.

No. 9

Chiefs (1-0)

Most teams use a pump up video to review last season. Kansas City decided to turn its opening game of 2016 into a microcosm of 2015. The Chiefs fell behind by 21 points to the woeful Chargers before a 17-point fourth quarter rally dragged them into OT.

No. 10

Texans (1-0)

Brock Osweiler and Lamar Miller took care of business in their Texan debuts. Miller ran for 106 yards and Osweiler threw two touchdown passes, but the surprise of the day was rookie Will Fuller, who caught one of those touchdowns and racked up 107 receiving yards.

No. 11

Raiders (1-0)

Don't doubt the statement a young team can make by walking into a trap game, falling behind big, and then scoring 22 points in the fourth quarter (including one of the gutsiest two-point conversion calls in recent memory) to walk away with the win.

No. 12

Jets (0-1)

Matt Forte looked like the old Matt Forte in his Jets debut, with 96 rushing yards and five catches. This was a heartbreaker for the Jets, with missed opportunities and field goals. The good news is that a chance to wash the bad taste out of their mouth is coming next week vs. Buffalo.

No. 13

Vikings (1-0)

The Vikings shook off a miserable start and — spurred by two defensive touchdowns including a 77-yard interception return by Eric Kendricks — put up 25 straight points with zero offensive touchdowns. Shaun Hill started, but we will see Sam Bradford in purple soon.

No. 14

Lions (1-0)

This was a shootout you could see coming from a mile away, and the Lions came away on top. Matt Prater smashed in a 43-yarder with eight seconds remaining that assured his earlier extra point miss wouldn't cost Detroit (their four-point win was due to a safety).

No. 15

Jaguars (0-1)

The Jaguars gave Green Bay all they could ask for, which is a line you could have written about several Jacksonville games a year ago. The difference this year will be if those good performances start showing up in the win column, but this week was always going to be a tall task.

No. 16

Giants (1-0)

Someone look up how often the past two seasons Eli Manning has tossed three touchdowns without any landing in Odell Beckham's arms. It happened Sunday, and the game winner was reeled in by Victor Cruz, letting Cruz break into the salsa for the first time in two seasons.

Best of the rest

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26 — Dolphins
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28 — Chargers
29 — Bears
30 — Titans

Yankees continue to stun, now eye playoffs

Left for dead after the trade deadline, the Yankees find themselves in the thick of the playoff chase as the season winds down. Bomber fans have been privileged to watch their team go on a tear as the Yankees are 13-7 in their last 20 games, which included a seven-game winning streak at the beginning of September.

This is in stark contrast to the waning days of the 2015 season in which the Yankees coughed up a seemingly insurmountable six-game division lead, backed into the playoffs as a wild-card team then lost to Houston. The Yankees went 13-17 in the final 30 games of 2015, which included several crucial losses to the Blue Jays. The Bombers did a complete 180 last week, though, as they swept Toronto in a three-game set at Yankee Stadium.

"Everything's in front of us because we have so many games in our division, and it's the teams we're chasing," Joe Girardi told the New York Post.

The much-extolled "Baby Bombers" (Gary Sanchez, Aaron Judge and Tyler Austin) have cooled off since exploding on the scene in August (though Sanchez continues to sport a stellar batting average and has added two home runs in September), but their infusion of energy has revitalized the Yankees' tired clubhouse.

"It's amazing what these kids have been able to do for us," Girardi told Newsday. "It's hard to explain."

Dellin Betances, who has led the way in the bullpen since the departure of Aroldis Chapman and Andrew Miller, has sensed the mood change in the clubhouse.

Gary Sanchez, right, and the Yanks are surging. GETTY IMAGES

And while the Yankees bullpen continues to be a source of strength despite the changes in personnel, the starters have also improved in the last few weeks. Masahiro Tanaka has been dominant (1.36 ERA in his last five starts), while Luis Cessa has jumped in and provided some quality innings (3.51 ERA in four starts). This comes on the heels of losing Nathan Eovaldi for the season due to a UCL tear.

Former starter Luis Severino has been a revelation since switching to relief duties; he allowed just two hits to the first 50 batters he faced out of the bullpen.

ROBERT CRISCOLA

Apple, Giants' secondary with great room for improvement

One game down in Eli Apple's NFL career and the initial returns on his performance have been solid, all part of what was a mixed bag of performances from the secondary in Sunday's 20-19 road win over the Dallas Cowboys.

It was a slow start for Apple, the Giants' first-round pick taken 10th overall, who started the game on the outside and not in the slot. Apple did show solid coverage ability and range as well as good overall discipline in his assignments.

"I think he was feeling his way early. He got his feet underneath him as the game wore on. Really competed at a higher level as the game wore on," Giants head coach Ben McAdoo said on Monday.

"Just like a lot of young players, they have to feel their way a little bit at times. You play through it and I think he made some nice tackles as the game wore on."

Eli Apple, right, was good but not great in his Big Blue debut. GETTY IMAGES

But it was a mixed overall day from the Giants secondary. While they looked improved from last year's worst-ranked pass defense, they still had their struggles.

They allowed a rookie quarterback, Dak Prescott, to have a solid showing and move the ball systematically down the field. The Giants generated a solid pass rush, especially in the second half. But they still allowed five scoring drives and while none of the final scores came in the air, it was still discouraging to see the Giants blow coverage assignments against a rookie quarterback.

Prescott finished the game 25-for-45 for 227 yards. He also had two rushes for 12 yards.

Glaringly, the Giants allowed the Cowboys a 58 percent conversion rate on third down and a total of 24 first downs, 13 of which came via passing.

"I feel like we'll get better as the season goes on at third down," McAdoo said. "We just need to find a way to get off the field." KRISTIAN DYER

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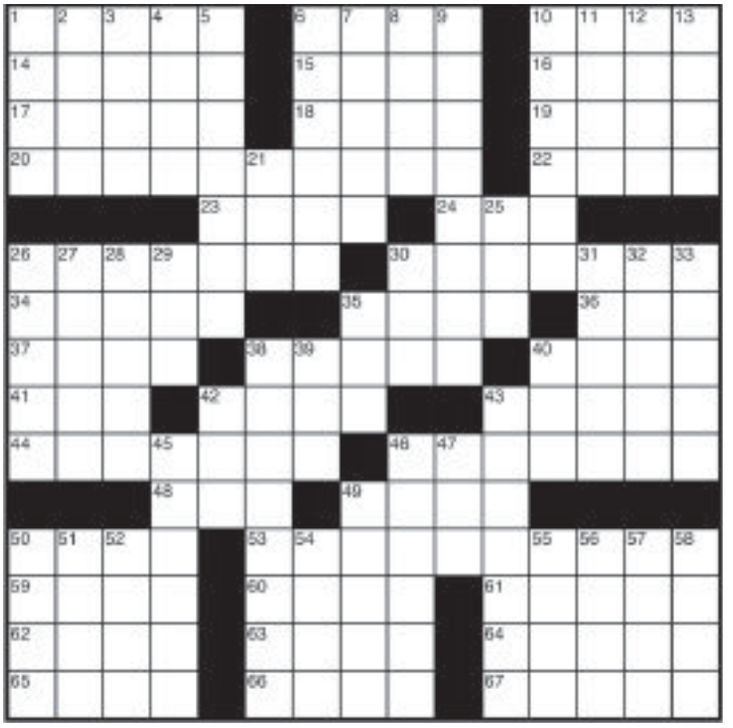
Across

1 Divvy up
6 Blond
10 Magna Carta signer
14 Drama awards
15 Murray or Baxter
16 Crow's-nest cry
17 Tannin source
18 Marsh bird
19 Contractors' figures
20 Cave formation
22 Speaker brand
23 Bakery buys
24 Plunging neckline
26 Serve the suds
30 No-goodniks
34 Farewell
35 Jupiter's wife
36 Where Mindy honeymooned
37 Advance
38 U of U.N. fame
40 War movie river
41 Mohawk-sporting actor (2 wds.)
42 Wildlife refuge
43 Glide
44 Sort of sale (hyph.)
46 Pagodas and lamaseries
48 Cutting tool
49 Elisabeth of "Soapdish"
50 Compassionate
53 Physicist's study
59 Valhalla host
60 "Faint heart -- won ..."
61 Colander
62 Lap dog, slangily
63 Baroness Karen
64 Like a wolf's howl
65 Fortune-teller
66 Says please
67 Bore a hole

Down

1 Cartwright son
2 Just touch
3 Bean or city
4 Tender cutlets
5 Gets away
6 Raised cane?
7 Diarist -- Nin
8 Put one's foot -- --
9 To the point
10 Punched
11 Akron's state
12 Mortar troughs
13 Wall St. abbr.
21 Win at rummy
25 Tokyo, once
26 Mild and pleasant
27 Light incense to
28 Rodeo noose
29 Coal measure
30 Severe hairdo
31 Hawkeye
32 Delete a file
33 Mini-plays
35 It has a big mouth
38 Kilimanjaro setting
39 Lay low
40 Garden-pond fish
42 Was in front
43 Folded
45 Gilda of "SNL"
46 Weasels out of
47 Whir
49 Knife type
50 The Keystone --
51 -- fixe
52 Reebok rival
54 Monster-hunter's loch
55 Stadium level
56 Garr of "Mr. Mom"
57 Malicious
58 Fishing gear



metro.us/sudoku

easy

9	7	3						
5			4		3		9	
			2		6		5	
2	4		8		5			
		8				6		
			7		9		4	2
	1		3		2			
	6		9		8			4
						9	8	1

hard

	9	2			7	4		
3				6	9			2
4	8		5				3	
5								
	4		9	7	8		5	
								4
	2				5		9	7
9			7	8				6
		4	3			8	2	

metro.us/horoscopes

Aries Do a little soul-searching and consider what's truly important. A positive change in your love life will be the result of a personal change you make.

Taurus Don't feel the need to buy someone's love. If you use your imagination, you'll come up with a nice way to do something special for someone without spending much.

Gemini A partnership should be questioned. If someone is being emotionally manipulative, you are best off taking a step back and evaluating the relationship.

Cancer Participate in events that make you feel good. Make domestic alterations that will enrich your life. Don't let work come between you and a loved one.

Leo Get busy and active. Emphasizing physical fitness and striving to reach your personal goals will energize you and give you incentive to work harder.

Virgo Use your knowledge and experience wisely. Take part in educational events or engage in activities that you can enjoy with a friend or your family.

Libra Take the initiative to put your ideas and plans into play. It's up to you to explore possibilities and make suggestions that can help you reach your goals.

Scorpio You should put greater effort into making positive changes to your home or lifestyle. Certain changes will encourage you to grow emotionally and spiritually.

Sagittarius You'll face a multitude of challenges if you expect too much or let someone make decisions for you. Focus on self-improvement.

Capricorn Making the right gesture or not acting on an assumption will play an important role in the way things transpire today. If you overreact, you could make mistake.

Aquarius Go after your goals and get involved in organizations or events that will help you bring about personal change. A medical issue will turn out favorably.

Pisces Your emotions will take charge if you don't allow enough time to gather the facts and listen to others' suggestions and solutions. EUGENIA LAST

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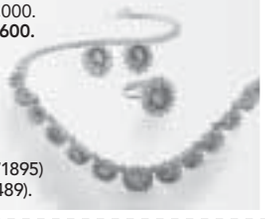

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